

**Table 2.24-- HEALTH RISK BEHAVIORS AND CONDITIONS FOR
PERSONS 18 YEARS AND OLDER: 1996 TO 1999**

[Weighted percent of adults who reported the health risk behaviors or conditions]

Risk factor 1/	1996	1997	1998	1999
Seatbelt non-use	(NA)	12.8	(NA)	(NA)
Acute drinking 2/	(NA)	17.1	(NA)	14.0
Chronic drinking 3/	(NA)	5.0	(NA)	5.2
Drinking and driving	(NA)	2.4	(NA)	2.3
High cholesterol	(NA)	31.5	(NA)	27.6
Hypertension	(NA)	23.9	(NA)	22.7
Lack of exercise 4/	71.9	(NA)	69.7	66.7
Poor nutrition 5/	74.9	(NA)	72.5	(NA)
Diabetes	4.6	5.0	5.6	5.2
Current smokers 6/	22.2	18.7	19.5	18.5
Overweight 7/	23.9	26.6	27.8	28.8

NA Not available.

1/ Certain risk factor data are collected only on alternating years.

2/ Five or more alcoholic beverages on at least one occasion, in the past month.

3/ Sixty or more alcoholic beverages in the past month.

4/ No regular and sustained physical activity. Regular activity is any physical activity or pair of activities done for a total of 20 or more minutes three or more times per week during the past month, but less than 50 percent of functional capacity.

5/ Less than five fruits and vegetables a day.

6/ Listed as "cigarette smoking" in previous *Data Book* tables.

7/ Body mass index (BMI) greater than or equal to 27.3 for females; body mass index greater than or equal to 27.8 for males.

Source: Hawaii State Department of Health, Office of Health Status Monitoring, Behavioral Risk Factor Surveillance System (BRFSS) at <http://www.hawaii.gov/health/stats/surveys/brfss.html> and records.